



# How to make a HAPPY BOOK

Making a Happy Book is a fun project for a K-Kids meeting or for individuals at home. Make one on your own as a pick-me-up when the rain ruins your pool plans or when you're just plain bored.

Why would you want a Happy Book? Everyone wants to be happy, right? But sometimes you're just not feeling that way. Maybe you're worried about starting middle school, or you feel dumb because you forgot your lunch money again, or you don't like what your mom is making for dinner. Reading through the pages of the Happy Book

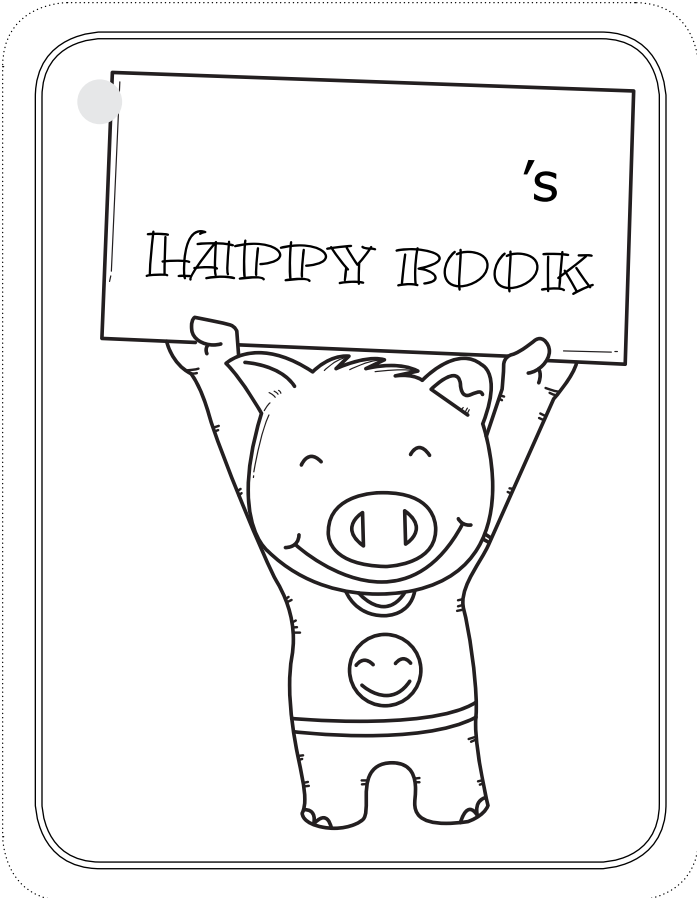
you've put together can help put a smile back on your face and get you through the tough spots.

Here's how to create your own Happy Book.

1. Print out the next two pages as your template.
2. Cut out the boxes along the dotted lines.
3. Punch a hole in the upper corner of each box.
4. Tie them together with a string or yarn.
5. Personalize your book by adding your name and coloring the cover.
6. Fill in your entries on each page. You can even add decorations to the pages if you like.



**INSTRUCTIONS:** Cut out along the dotted lines each page of the Happy Book pattern. Punch a hole in the upper corner of each page, then tie them all together. Fill in each list and decorate.



● 10 people who care about me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 things I'm really good at doing

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 things that make me happy

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 things other people like about me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 things that make me feel calm

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 things I'm looking forward to

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

● 10 nice things I can do for others

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

